

SALT TIMES



Sheriff Garry E. Lucas

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TRAVELING SAFETY

If your car crashed and no one found you for days, would you know what to do? An 83 year old Florida woman did and survived three days in an overturned car.

The woman was headed to pick up her granddaughter at a Fort Lauderdale airport on a very early Saturday morning. According to police reports, she was hit by another car forcing her car off the highway where it fell 40 feet into a swampy patch of mangrove trees.

Described by her daughter as a woman who "doesn't go to picnics because she doesn't like the bugs on the ground," she managed to survive her three day ordeal.

She endured mosquito bites, rain and being in a

car suspended upside down in a thicket of trees a few feet off the ground. She was wearing her seat belt...

Too injured to get out of the car, she remembered one important survival fact. Throughout it all, she kept herself calm. She knew that water was the most important need. While she waited and prayed for rain, she sucked on a button to help keep her mouth moist. When the rain did arrive, she used what was on hand to trap water (official reports vary from a plastic bag to a steering wheel cover.)

She also sucked the moisture out of her shirt and a sock that had covered her gear shifter.

Would you know what to do?

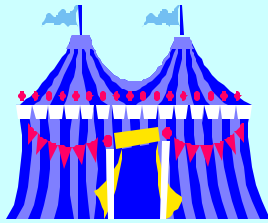
Things you need for an all year car survival pack:

- ♦ Blanket
- ♦ Whistle
- ♦ Flashlight, extra batteries
- ♦ Matches or lighter
- ♦ First Aid Kit
- ♦ Small signal mirror
- ♦ Gallon of water, cup
- ♦ Extra clothes
- ♦ Flares
- ♦ Jumper cables
- ♦ Coffee can with lid & tissues
- ♦ High calorie foods like energy bars or trail mix.
- ♦ Instant heat packs
- ♦ Cell phone

Never forget that your most important survival tools are your brain and your ability to remain calm and not panic.

Happy
Travels!





SENIOR CONNECTIONS EXPO

May 31, 2003, 9-3

Hudson's Bay High School

1206 E. Reserve Street

Vancouver, Washington

Project Lifesaver

Prize drawing

Promoting healthy and
active lifestyles

Over 100 businesses and
non-profit organizations

Free samples



Volunteers needed! Contact Bobbi at 696-8221

Vancouver Pops Orchestra



presents

Their 4th annual Alzheimer's
Benefit Concert

May 22, 2003

7:30 p.m.



First Church of God,
NE 78th Street

Free admission



HEALTH and SAFETY FAIR 2003



at

A.W.P.P.W. Local "5" Union Hall

514 Dallas Street

Camas, Washington

May 10, 2003

9-2



Health Screenings
Health & Safety Demonstrations
Door Prizes
Free Refreshments
Georgia Pacific Products
Displays by local Fire Departments
and other emergency response groups

This is a Community event open to all!

VANCOUVER POLICE SCAM ALERT

Recently, a gentleman called the Vancouver Police Department to confirm the legitimacy of a solicitation for donations phone call he received from someone claiming to be from the Vancouver Police Department Police Activities League (PAL) program.

The VPD's PAL program is NOT doing any telephone solicitations for fundraising at this time. As is often the case with non-profit organizations, thieves will pose as representatives of that organiza-

tion to get donations from unsuspecting and charitable people in our community.

If you or someone you know receives a phone call solicitation to donate to the Vancouver Police PAL' pro-

Vancouver Police PAL program is not doing any telephone solicitations.

gram, it is bogus.

To help protect yourself from phone scams, before giving out any personal or financial information, ask for a contact name, phone number and tax ID number of the organization.

Also, you can find out where the

local office is and call that location to confirm information. Legitimate organizations should be happy to provide you with that information.

If the caller is unwilling to provide you that information the solicitation is probably a scam and you should hang up immediately and call 9-1-1.

You can find more information about crime prevention on the Vancouver Police Department's Website at www.vanpolice.org.

Article courtesy of the Vancouver Police Department.

BEFORE YOU LEAVE ON VACATION



One of the times your home is most vulnerable is when it is left empty for an extended period of time. Darkened windows, unretreived mail or newspapers, and closed windows in hotter weather all advertise your absence to a potential burglar.

The best protection for your home during your absence is to have a house sitter. A friend you trust staying at your house can take care of your pets and/or plants in addition to making sure the house is inhabited.



Have a neighbor check on your home while you're away-turning on lights, radios, or TV's and opening and closing curtains will give the appearance of someone home. If you don't have a friend to housesit, use a timer.

Make sure whoever is checking your home while you're away knows how to work your alarm system and who to call in case of a problem.

Unless you have a house sitter, stop your mail and any newspaper or other delivery. Nothing announces an empty house better than a stack of newspapers or undelivered mail.

If you have a garden or plants, make sure someone is watering the plants regularly. Plants slowly dying due to lack of water may also announce your absence.

Have a great vacation!



SUMMER SAFETY:

Planning a picnic or outing? Minimize your chances of being victimized!

Follow these basic safety rules:

- Be aware of your surroundings at all times. Project alertness and confidence.
- Avoid dusk and darkness.
- Use your senses; listen for suspicious noises. Don't wear headphones.
- If you must keep valuables in your vehicle, hide them well before you get to the parking area.
- Always let someone know where you are going and when you will return.
- Stay on marked trails. Don't wander off.

SENIORS AND LAW ENFORCEMENT TOGETHER

Clark County Sheriff's Office
P.O. Box 410
Vancouver, WA 98666

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STANDARD
US POSTAGE
PAID
VANCOUVER, WA
Permit No. 130

SEE INSERT FOR A MAP TO THE WEST SALT MEETING AND IMPORTANT NEW
INFORMATION REGARDING THE SALT MEETINGS AND NEWSLETTER!

Only one meeting
this month!



Have a happy and safe Memorial Day.
Thank you to our Veterans and all the men and women serving in our armed forces!